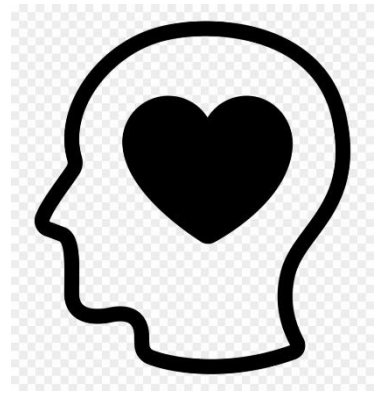




## Social Emotional Parent Education Night



We are hosting a very special parent education night coming up on **Thursday, September 19th**. We know how challenging parenting can be and we have designed this night to provide you with some support. Dinner and Child Care will be provided, please RSVP.

Dinner 5:30-6:00

6:00-6:30 Introduction

6:30-6:55 Session 1

7:00-7:25 Session 2

7:30-7:55 Session 3

There will be several different speakers to choose from for the 3 sessions. The speakers will be covering topics such as:

- Helping our kids identify and cope with difficult emotions
- Helping our kids to express themselves and problem solve in a healthy way
- Improving school performance
- Growth Mindset-ways to talk to our kids to help influence and motivate them
- Dealing with arguments
- Understanding your kids better
- Helping our kids build resilience
- Parenting strategies
- And many more topics...